

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | February 2023

Get AMC-SEM activities delivered right to your email inbox!

To sign up for the AMC Activity Digest, go to the bottom of [Outdoors.org](https://www.amc.org/outdoors) & click **Login**. Go to the bottom of the page & click **My Outdoors**. On **Welcome to your AMC dashboard**, scroll down to **Digest Emails** on the right, click **View Trips**. Under **My Dashboard** on the next page, click **Manage Digest Emails** & **Create new digest**. Or call 1-800-372-1758 for help.

Find past issues of *The Southeast Breeze* on our [website](#).

Like us on [Facebook](#).

Follow us on [Instagram](#).

Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send original, full resolution photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free. Send listings to breeze.editor@amcsem.org.

Business ads start at just \$10/month. Send inquiries to breeze.editor@amcsem.org.



This group is all bundled up for a January walk in the woods. *Photo by Robin McIntyre*

Pleasant hike on a raw day at wildlife sanctuary

By Robin McIntyre, Cape Hiking Vice Chair

On Sunday, January 22nd, fourteen hikers enjoyed a pleasant trek in the Great Neck Wildlife Sanctuary in Wareham. The group learned about the property and its history as farmland from the 1800s with stone walls and evidence of quarry activity and former use as a monastery and retreat center. The hikers headed through wooded trails with two water views and abundant new white pine growth. Despite a cloudy, raw day, hikers enjoyed an afternoon in the woods and the camaraderie of the group!

This Mass Audubon preserve connects several land conservation areas and private land protected by conservation restrictions to create over 300 acres of contiguous open space.

'A great sense of accomplishment'

According to Ben West from Connecticut, who joined us for our beginner winter hike: "The Kearsarge hike was an outstanding experience. It's difficult to take a larger group with varying levels of experience on a climb like this, but the leadership on this hike was outstanding. The hike pushed the ability of some, but those who were challenged most seemed to have a great sense of accomplishment at the end." **See page 3 for details**



View from the Chair: On the Trail to being 'More'

On Saturday, February 4th, I attended AMC's Annual Summit. [Nicole Zussman](#), our new CEO, mentioned that this was AMC's 147th Annual Summit and in three years AMC will be 150 years old. It got me thinking about our chapter's history. The Southeastern Massachusetts chapter was founded in 1976 and in three years we will be 50 years old.

Our chapter's history is important—without it we are just a glorified Meetup—so I want to thank those involved in digitizing and uploading every issue of the [Breeze back to 1981](#). I imagine, years from now, a member pulling an article from the COVID years to read about us hiking in masks.

History and culture go hand in hand, and we're known for making people feel included. We provide activities which enable folks to be outdoors irrespective of where they're starting from physically. In addition, we are growing in the diversity of our activities. For example, on the day I am writing this we have a family-friendly hike for guardians and kids aged 4 to 10, and I recently posted a [paved hike](#) that is wheelchair accessible, followed by lunch.

We should hold pride in our hearts for where our chapter is at right now, be excited that we're on a journey to being more, and appreciate the history of where we've come from. If you've not had a chance, I encourage you to read some of our archived *Breeze* publications.



Paul Brookes, Chapter Chair

2023 Executive Board

Chapter ChairPaul Brookes
Vice ChairJeannine Audet
Secretary.....Lindsey Meyers Bertone
TreasurerEarl Deagle
Past Chapter ChairDiane Simms

2023 Standing Committees

20's & 30's Chair.....Natalie Halloran
20's & 30's *Vice Chair*.....Open
Biking ChairBill Trimble
Biking *Vice Chair*Open

Cape Hiking Chair.....Jane Harding
Cape Hiking Vice ChairRobin McIntyre
Communications ChairVictoria Holland
Communications Vice Chair.....Open
Conservation ChairOpen
Conservation Vice ChairOpen
Education ChairAnne Duggan
Education Vice ChairSrini Iyengar
Hiking ChairBill Belben
Hiking Vice Chair.....Open

Membership Chair.....Samantha Fisher
Membership Vice ChairNancy Piedra
Paddling ChairBarry Young
Paddling Vice ChairJoe Keogh
Skiing ChairDia Prantis
Skiing Vice ChairOpen
Trails ChairSteve Scala
Trails Vice ChairLarry Petrone

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Lisa Robitaille
Webmistress.....Cheryl Lathrop
Nominating Committee Chair.....Walt Granda
Diversity, Equity, Inclusion.....Maureen Kelly

Volunteer Relations....Katherine Brainard
Regional Director.....Jenna Whitney
The Breeze Editor.....Mo Walsh
Blast Editor.....Marie Hopkins

Please contact chair@amcsem.org
or nominatingchair@amcsem.org
if you are interested in any open
position.



This winter hiking group enjoyed dramatic views from several open ledges on the Kearsarge North Trail. *Photo by Dia Prantis*

Winter in the White Mountains: Push your hiking comfort zone!

By Paul Miller, Four-Season Hike Leader

For a number of years now, the SEM Chapter's popular [Winter Hiking Series](#) has served as a developmental program designed to encourage three-season hikers to get out into the mountains in the winter to experience the beauty of winter hiking in a safe and enjoyable environment. To this end, the series typically starts with an indoor Winter Hiking Workshop during which some of our more experienced winter hiking leaders cover the fundamentals of how to prepare and dress for winter hiking and what gear we need to take along with us. The "show-and-tell" portion of the workshop, in which the leaders get to show off all their cool winter clothing and gear, is often the most enjoyable part for leaders and participants alike.

Following the workshop, we then offer a series of winter hikes that start with a relatively easy local hike and then progress to longer and more challenging winter hikes up in New Hampshire. The series typically includes at least one 4,000-footer and culminates with a multi-day overnight trip

to one of the three AMC High Mountain Huts that stay open in winter on a self-service basis. (There's a caretaker on site, but we have to carry in and prepare our own meals and carry out our trash.) All three winter huts—Carter Notch, Lonesome Lake, and Zealand Falls—are fantastic and, with the right clothing and a good winter sleeping bag, make for a comfortable and memorable stay in the mountains!

While the necessary restrictions imposed by the lingering COVID-19 epidemic threw a monkey wrench into the normal ebb and flow of our Winter Hiking Series, I'm pleased to report that things appear to be back on track...but with one difference. This year, in addition to the developmental Winter Hiking Series designed to introduce beginners to winter hiking, the SEM Chapter is also offering a parallel series of somewhat more demanding hikes designed to appeal to our more experienced winter hikers. So far, it's been working out great, with good participation in both winter series.

Partly because I really enjoy introducing three-season hikers to winter hiking, and partly because I tend to hike at a more laid-back pace myself, I've helped lead this season's first three "beginner" winter series hikes. Our first hike was right here in the Blue Hills and the second at Mt. Wachusett. Our third and most recent hike in the series, on January 7th, brought us up to the White Mountains to hike Kearsarge North in Intervale, N.H. (Not to be confused with the more southerly Mt. Kearsarge in Warner, N.H.)

Even after a bunch of last-minute cancellations—thank you, Maureen Kelly, for handling all the registration chores!—a group of 16 still showed up for the hike.



A beautiful winter view. *Photo by Cindy Grondin*

Continued on page 4



Outside the fire tower. *Photo by Cindy Grondin*

Winter hiking

Continued from page 3

This included “the two Pauls” (Chapter Chair Paul Brookes and me, Paul Miller) as leaders, and three capable co-leaders: Nancy Piedra, Pepi Rodriguez, and Dia Prantis. During this hike, Dia fulfilled her “qualifying lead” to complete her requirements as a Level 3 SEM hike leader. (See page 6 for more about Dia.).

It’s a long drive up to Intervale from almost anywhere in Massachusetts (one of our participants came from Connecticut!), so many of us drove up the night before and stayed at a hostel, motel, or AMC lodge. The Kearsarge North trailhead on Hurricane Mountain Road has very limited parking, so we met first at the Intervale Scenic Overlook parking area on Rte. 16 and carpoled to the trailhead in just three or four cars. This was a smart move, since the only way we could fit all our cars at the trailhead was because another car left just as we arrived.

Although it had snowed lightly all the previous day, the trail conditions on Saturday were borderline for winter hiking, with mostly snow-covered trails on the lower portion of the trail, but with a lot of bare, muddy, or wet spots. We encountered lots more snow on the top-third of the mountain, especially as we got closer to the 3,269-foot-high summit, where we got to experience real winter conditions. While we certainly didn’t do our traction devices any favors walking on all the exposed rocks, they were essential for some of the icier spots.

As predicted, the weather was relatively mild for January in the Whites with temps in the upper 20s and lower 30s, mixed sun and clouds, and light wind. While we enjoyed wonderful views from the open ledges, the usual expansive views from the enclosed fire tower on the summit were mostly clouded over. On the positive side, we had the entire fire tower to ourselves, which made a cozy, convivial, and nicely protected spot to grab a quick lunch!

With just a few tricky spots to navigate on the way down, our descent was relatively quick and easy. We made it back down to the trailhead on Hurricane Mountain Road at about 4:00 pm with a little daylight still left. There were lots of smiles on everyone’s faces after completing our 6.2-mile hike with approximately 2,600 feet of elevation gain. After a quick circle up and saying our goodbyes, we carpoled back to the nearby scenic overlook parking area, where most of us hit the road back to Massachusetts.

The next hike in the beginner’s developmental winter series is Feb. 11th to Mt. Pierce, a 4,000-footer in the Presidential Range. On a clear day, this peak offers fantastic views across the southern Presidentials all the way to Mt. Washington and beyond. This year’s series finale will be an overnight trip on March 3-5 to the AMC Carter Notch Hut near Pinkham Notch. This historic hut (the first in the AMC hut system) features a stone main hut heated in the afternoon with a wood stove, plus separate (unheated) bunkhouses and sanitary facilities. The hut, nestled adjacent to two pristine mountain lakes, offers dramatic views up to Wildcat A (4,420 feet) and Carter Dome (4,832 feet), which flank the Notch.

If you’re interested in getting outdoors this winter (and possibly push your comfort zone just a bit), check out these or any other upcoming SEM winter hikes, snowshoes, and XC ski trips on the AMC ActDB trip listing system. You’re likely to find a winter-season trip that matches your own experience and comfort level.



We had a mix of sun and clouds as we hiked to the summit.

Photo by Ben West



Nancy Tutko on Mt. Washington. *Photo by Eli Hanschka*

‘Rambler’ Nancy Tutko earns Level 2 Hike Leader status

By Dexter Robinson, Hike Leader/Mentor

Congratulations to Nancy Tutko for completing the requirements to become an SEM Level 2 hike leader. Nancy lives on Martha’s Vineyard and is a longtime AMC member, joining the club back in the 1990s with her family. This past year I had the pleasure of mentoring her to finish the Level 2 hiking requirements.

As a Level 1 leader, Nancy has led hikes on Martha’s Vineyard and Cape Cod. She co-led two hikes with me. For the first qualifying hike to Mt. Jackson & Webster, she participated in screening participants and doing the pre-hike introduction. I was impressed with how easily she engaged with the participants at the trailhead, noting that one person was carrying too much water.

For the second hike, she selected Mt. Osceola, taking full charge of this hike. Her ActDB overview was exceptional and worthy of being a model for future SEM hikes. The hike was not without its challenges. One hiker did not show up at the designated carpool spot but turned up later. On the return from the summit, Nancy had to deal with someone who was having difficulty with their boots and socks.

Nancy has a wonderful leadership style. During the second hike, she initially took the lead but over the course of the hike she encouraged and had others take the lead so that she could move around and interact with everyone

in the group. For both hikes she took the time to evaluate the hike—what worked well and what could have been done differently.

Nancy likes putting together long “rambles” with interesting geologic, historic, and cultural features. She also likes hut-to-hut hiking. Nancy completed her Level 2 requirements by updating her Wilderness First Aid training at Pinkham Notch. She capped off her stay there with her first winter ascent of Mt Washington, accompanied by her son Eli Hanschka, who is AMC's winter caretaker at Hermit Lake shelter.

2023 Leadership Training coming April 22 and 23

By Anne Duggan, Education Chair

The Education Committee is pleased to announce a Leadership Training Weekend April 22 and April 23 in Rochester, MA.

On April 22 the **Basic Leadership** training course will be offered. This full-day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills.

The Basic Leadership course is required for prospective SEM trip leaders but is also appropriate for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. For Basic Leadership training, [register here](#).

Expanded Leadership will be offered on April 23. It will emphasize skills needed for leading Level 2 hikes and backcountry activities.

The course is open to:

1. All attendees of the Basic Leadership course;
2. Current leaders who want to advance to a higher leadership level; or
3. Any leaders wishing to enhance their leadership skills.

To attend Expanded Leadership training, [register here](#) on the Activity Database.





New Level 3 Leader: I guess you could say Dia Prantis loves snow!

By Bill Belben, Hiking Chair

On January 7th, Dia Prantis completed her qualifying hike for Level 3 Hike Leader Certification by leading a group of 16 hikers to the summit of North Kearsarge. The hike was part of the beginner winter hiking series and was the first of the winter hikes that required the use of traction devices.

Dia confidently managed the group throughout the hike and adeptly handled the challenge of a new hiker with a slower pace, keeping everyone together and achieving the goal of summiting.

In addition to leading hikes, Dia can also be found on the slopes. She served as the Skiing Vice Chair for the past three years and was elevated to the role of Skiing Chair last November. She has helped coordinate many multi-day cross country ski trips to New Hampshire, Vermont, and western Maine.

When Dia isn't volunteering for AMC-SEM, she works as a teacher and likes to cook and engage in creative activities. Oh, and by the way, she is the also mother of three boys!

Dia is now certified as an all-season hike leader. Please congratulate Dia on her accomplishment and look for her exciting upcoming ski and hiking trips!

New Level 2 Hike Leader Pepi Regueiro shows veteran skills

By Anne Duggan, Hike Leader/Mentor

The hiking committee is pleased to announce Pepi Regueiro as our newest Level 2 leader. A citizen of Spain, Pepi joined AMC while she is in the U.S. teaching Spanish as part of a teaching exchange program.

Pepi attended the 2022 AMC-SEM Winter Workshop and soon became a fixture in the chapter. She brings positive energy, enthusiasm, and exuberance to every hike she attends. A strong hiker, Pepi is always eager to lead or to hang back and offer encouragement to a new hiker.

Pepi attended Basic and Expanded Leadership training last April. Since that time, she has co-led trips to Sandwich Dome and Mount Garfield. For her qualifying hike Pepi chose the North and South Hancock Loop. She wrote the Information sheet, screened participants, and managed the hike. She led the way up the steep icy slopes with ease, pointing out hazards. She adjusted the pace as needed, and guided participants across five difficult icy water crossings. She frequently checked in with all the hikers and helped the group to have an enjoyable experience. Best of all, she returned the group safely to the parking lot.

The skills that Pepi demonstrated on this hike were not those of a beginning hike leader, but as a seasoned veteran. Congratulations, Pepi!



Open Zoom Meetings for DEI Sharing

The AMC-SEM Chapter Diversity, Equity, and Inclusion (DEI) Zoom Meeting is open to everyone. Join us for a meeting to share your ideas or comments. There is no commitment; join us once or every month for our discussion. The DEI Meetings are listed on ActDB under "Meetings." We would enjoy hearing your thoughts. [Next Meeting](#): Tuesday, February 21, from 4:30 to 5:30 pm.



**Photo by
Paula Magyar**



Volunteer of the Month: Keith Magyar

By Robin McIntyre, Cape Hiking Vice Chair

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best! This month, Cape Hikes recognizes Keith Magyar.

Keith is a relatively new hike leader who has stepped up frequently in his new role. He has co-led three hikes and volunteered for Fall Fest in Wompatuck State Park in September 2022 as a leader-in-training. He completed his Level 1 credentials there, and he has led hikes locally in Bells Neck and Herring River/Robbins Pond this winter.

Keith has learned the AllTrails app and is able to use it to modify or create tracks for new hikes. He takes his leader responsibility very seriously, meticulously preparing the route, checking on the safety and well-being of his hikers, and making sure that everyone is also having fun. He is an enthusiastic leader who provides and exemplifies a welcoming nature to all hikers: preparedness, good interpersonal skills, and a love of the outdoors.

After a career in engineering with Associated Spring in Connecticut, a division of the Barnes group, Keith and his wife, Paula, relocated to their second home on Cape Cod. They initially spent their free time remodeling their house on the Cape to support their new retirement lifestyle. Both are active Cape hikers, enjoying the camaraderie and outdoors with local hikers.

Keith is also a very active volunteer with Habitat for Humanity, another example of his giving nature.

Congratulations, Keith, and thank you from all of us at Cape Hikes and AMC SEM!

Keith will receive a Volunteer of the Month Certificate and a \$50 gift card.

Are you thinking about becoming an AMC-SEM Hike Leader?

By Maureen Kelly, SEM Hike Leader

There are many reasons to become an SEM Hike Leader, but most of them are about the appreciation the participants have for you for leading the trip. That is the best part for me.

I was hiking in the Blue Hills recently and a woman I was passing said, "Maureen?"

I said “Yes”, and she told me her name and that she attended the Noble View Camp trip with me a few years ago.

“Is SEM running the trip again this year?”

"No, not this year, but they may hold it again next year."

“That was such a nice trip”, she said. “It was great to eat the meals family-style with everyone else.”

“Yes”, I agreed.

“There was a relaxed atmosphere at Noble View. You could hike in the morning and read a book after lunch. Or you could hike, ski or snowshoe morning, noon, and even at night! Each person could create their own trip.”

I was so pleased that the woman stopped me and said hello. It means a lot to know that hikes and programs we run give people joy, take them to beautiful places, and that they look to sign up again. If you enjoy hiking with SEM, consider becoming a hike leader with us.

We have a great Leadership Training Program that gives you a mentor to work with. There is no obligation to lead trips if you take the training. Whatever type of hike you like, we would like to have you lead those hikes for SEM. If nothing else, you will understand why we run hikes the way we do, and you'll be able to take your family and friends out as a more knowledgeable leader.

Leadership Training is listed on [ActDB](#). It takes place on Saturday, April 22, 2023. We really would like you to become a leader for SEM.





Illustration: <https://www.uidaho.edu/extension/soil-health>

The Good Earth: Investing in Soil Health

By Kris Atkinson

Part of my work on my town's Green Communities Committee is to scout out grant opportunities to help us be "sustainable," taking that to mean staying as beautiful and livable as we are. I came across a report prepared for the state's Office of Energy and Environmental Affairs (EEA) on the condition and future of our soils: [Massachusetts Healthy Soils Action Plan](#). It is quite an eye opener! Looking at conditions when my little grandson enters grad school, it's a worrisome outlook.

Healthy soils-related legislation is passed or pending in 29 US States, with initiatives in countries all over the world trying to protect and restore the soil. The report states,

"The conversion of land from forests, fields, and wetlands to building lots and lawns significantly diminishes the health of soils. Strategic development and bold land-use planning actions with regard to soil health, however, can help reduce conversion of land, mitigate the intensity of climate change, and meet goals like those set forth in the Decarbonization Roadmap and the Clean Energy and Climate Plans.

"The loss in soil function occurs from the removal of trees and other plant communities, which act as soil carbon generators, as well as through changes

made to the physical structure of the soil. To date, of the 5.18 million acres of soil in Massachusetts, 475,033 acres (9.2%) have been converted to buildings and pavement, in which case almost all of their vital function has been lost. Some of this acreage includes sites with active hazardous material contamination in their soils."

New England Land Futures Project (Harvard Forest) development projections suggest that as many as 372,116 additional acres (7%) are highly vulnerable to conversion by 2060. This land consumption study predicts most future development is likely to occur on forested lands: "Converting forests to developed lands, like houses, pavement, and turf, has long-term negative impact on soil functions, such as stormwater infiltration, soil biodiversity, and soil organic carbon (SOC) storage."

Regenerative farming and carbon sequestration (decarbonization of CO₂) programs are only beginning to help keep our soil healthy enough to sustain us. A few years back, I was fortunate to attend a conference by the National Parks Service on building permeable pavements for trails. And our Conservation Preserves are some of the best examples for understanding the vital significance of unspoiled wetlands. However, most of the land at risk is in private hands.

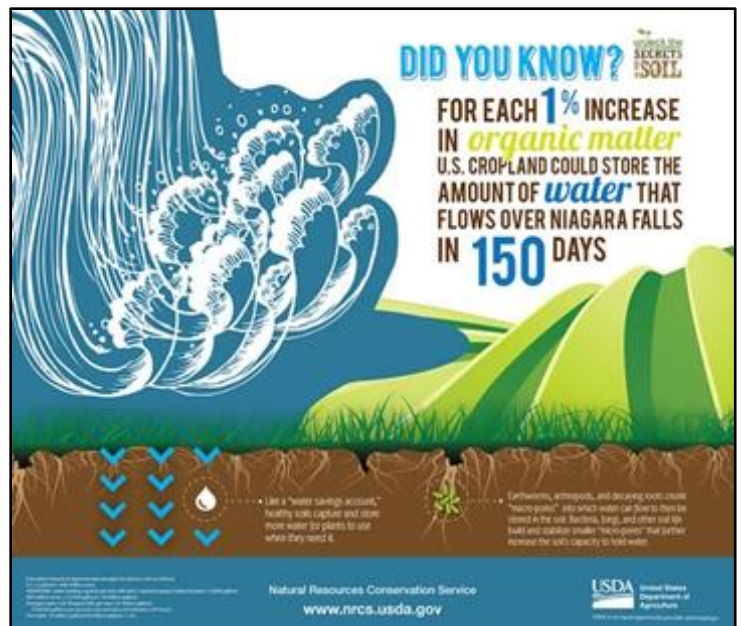


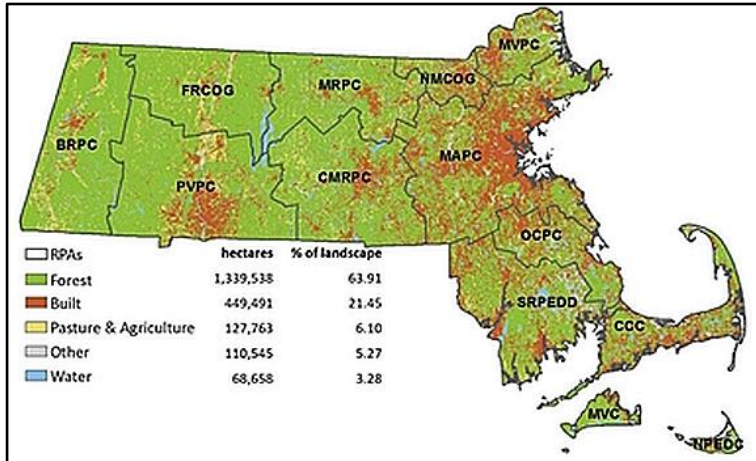
Image courtesy of Natural Resources Conservation Service, U.S. Dept. of Agriculture www.nrcs.usda.gov

Continued on page 9



The Good Earth Continued from page 8

Last year stormwater drainage and lack of infiltration meant water shortages putting our towns on restrictions lasting from April until November. The singling out of turf as a permeability problem was a new one to me. My personal answer: fewer land-gobbling building projects, more swamps and rain gardens!



US Forest Service, Resources Planning Act: sub-regions and land cover in 2020. [From, Land Sector Report: A Technical Report of the Massachusetts 2050 Decarbonization Roadmap Study](#)



Members looking to sell, trade, or free-cycle their used equipment can post for free. Send listings to breeze.editor@amcsem.org.

FREE: "I have an old 4-person canvas tent that we used for car camping when my kids were small. I took very good care of it, but I have no use for it now. Do you know of any organizations that would want something like that? I hate to throw it out."

Contact [Steve Scala](#).

FOR SALE: Marmot vest, mens size large, with Polarguard 3D insulation. Used only a couple of times. Too large for me. \$20. Contact [Dexter Robinson](#).



The good news: Our new governor is keeping her vow of "being absolutely number one when it comes to the most aggressive plans around climate." At a press conference on her first day on the job, Healey appointed Melissa Hoffer to the new position of Climate Chief, reporting directly to the governor (the first U.S. state to do so). Hoffer returns to us after two years as Principal Deputy Counsel for the EPA, previously serving Massachusetts as Chief of the Environmental Protection Division and as a Vice President and Director of the Conservation Law Foundation.

Another new appointment was Rebecca Tepper, previously Chief of the Energy and Environment Bureau, to lead the EEA (MA Executive Office of Energy and Environmental Affairs). Progress begun on climate reform under the Baker administration will likely accelerate.

Embracing Massachusetts as a "zeitgeber"—a "time giver" that stimulates the resetting of natural rhythms--can help other states model a way forward to halt the slide. The word "crisis" is overextended nowadays, but when record warm conditions in Greenland last September caused unprecedented surface melt and meltwater runoff in the Greenland ice sheet—57 billion tons, compared to earlier average September totals of 9 billion tons—preventing planes from landing, and sending researchers out to play volleyball in shorts... We have to pay attention!

AMC DEI Speaker Series Webinar

Exclusive Spaces: Mitigating the Risk of Racism in Outdoor Spaces

Tuesday, February 21, 7:00-9:00pm

With 20 years of experience traveling in predominantly white outdoor spaces as People of Color, City Kids continues to develop a holistic approach to reducing the risk of emotional or physical harm to participants and staff through program design, staff training, incident mitigation and response. This presentation aims to provide a framework and replicable tools for AMC staff and volunteers. Webinar and Registration information:

<https://activities.outdoors.org/search/index.cfm/acton/details/id/142670>



Students in the Wilderness First Responder course.

Participant Photo

First Aid in the Backcountry

By Nancy Tutko, Hike Leader & Certified WFR

A piercing scream echoed through the trees, and I ran along the snowy trail toward the sound. Huddled on the ground, a young woman rocked back and forth, clutching her hand and wailing, “My thumb! My thumb!” I knelt down, saw the bloody stub, and as calmly as I could, began asking questions. The details soon emerged: A hatchet swing had gone astray and an amputated thumb lay nearby in the snow, with no first aid supplies on hand. But we weren’t far from the trailhead, and soon we were making our way toward it, her bleeding hand swaddled securely with a clean bandanna. And the thumb itself? The best I could do was wrap it in a used hanky tucked into a plastic snack bag loosely filled with snow. In the backcountry, as I recently learned, improvising is an essential element of first aid, and staged scenarios like this are a great teaching tool.

A few years ago when I became a volunteer hike leader for AMC, I took a two-day class in Wilderness First Aid (WFA, or woofah). Scrolling through the offerings recently when the time came to recertify, I noticed AMC’s listing for a Wilderness First Responder course. A nine-day course at nearly \$1,200 seemed over the top given my relatively moderate hiking goals, but my son, who had taken the course, encouraged me to consider it. “You always like to know more than you need to,” he observed, and it’s true. And in a wilderness setting in which someone’s health or

perhaps life may be at risk, there’s no such thing as too much knowledge.

I thought back to that WFA course, a fast-paced overview of basic backcountry first aid with a few hours of field practice splinting, bandaging, and carrying. In assessing a person in distress, a long list of acronyms come into play – AVPU, SAMPLE, LOC, CSM, SOAP note, ABC – which can be daunting to learn and apply in a compressed timeframe. But it was helpful to get an understanding of the kinds of injuries or illnesses that can occur along the trail, a good introduction to emergency care in the backcountry.

This time around, I wanted a more in-depth experience. So I signed up for the course taught by SOLO instructors offered at AMC’s Pinkham Notch Visitors Center and headed north last month. My WFR (woofer) class had ten students ranging in age from mid-twenties to mid-sixties, six men and four women. Most were there to fulfill job requirements with organizations such as AMC, NOLS, and Outward Bound, for leadership positions in backcountry settings. One participant, Jocko Catipovic of Woods Hole, is a U.S. Navy specialist in sea ice mechanics who was taking the course prior to an Arctic expedition this winter. Nearly everyone had some prior wilderness first aid experience or training.

Continued on page 11



WFR instructor Sarah Houghton demonstrates how to use improvised materials to construct a full leg splint on Jocko Catipovic of Woods Hole, a course participant. *Participant Photo*



WFR course participants prepare an injured “victim” for transport to accessible medical care. *Participant Photo*

WFR Course

Continued from page 10

The SOLO course instructor, Sarah Houghton, has been a paramedic for the past 12 years, a search-and-rescue team member and wilderness first responder in Vermont and New Hampshire. Armed with her professional training and hands-on experience, a weighty 338-page textbook, and some pretty convincing fake blood and scar putty, Sarah guided our class through a range of common and less-frequent medical scenarios.

We learned how to recognize and treat frostbite, dehydration, hypo- and hyperthermia, bone fractures, infection, anaphylactic shock, and much more. She detailed complex life-threatening situations that demand immediate evacuation, along with best practices for keeping a patient stable until medical professionals can take over.

Each day included classroom instruction, with plenty of time for questions, in-depth discussions, and repeated practice of techniques such as wound bandaging, splinting, and CPR. Several times a day, half the class suited up and went out into the snowy woods with our instructor to enact different medical emergencies, while the rest waited for the signal to respond.

A realistic simulation of a severe hand injury was just one of the scenarios that challenged the WFR students. *Participant Photo*



Sometimes these scenarios could really feel stressful or frustrating, such as the day when, as a lone responder, I was losing my pretend patient to hypothermia, or another when the rescue team couldn't agree on a course of action.

Those many hours spent outdoors responding to simulated accident scenarios – the pressure of having to assess and treat a wide range of medical situations with limited resources, those hands-on learning opportunities that books and videos can't replicate – were the most meaningful. I also learned a lot by observing my classmates in action, their different strengths and approaches, and hearing about their own life experiences in wilderness settings.

A friend recently shared a quote by Arthur Ashe: “Start where you are. Use what you have. Do what you can.” I'm not a medical professional. I hope I never have to pull traction on a broken femur or administer CPR or pack a chest wound. But if I ever find myself in that kind of emergency situation, my WFR training has given me a stronger foundation for doing what I can to help.



“Transport” to certified Wilderness First Responders often means carrying an injured person to the nearest road accessible to vehicles or even to a clearing for a helicopter. *Participant Photo*



**BE
OUTDOORS**
APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



SEM MEMORY

Leadership Training at
Camp Haywood in
Sandwich, MA, on June
11, 1989. Leader Bob
Bentley instructs a First
Aid group on lifting a
patient]



Mt. Hood

August Camp 2023

AMC's August Camp 2023 will be located on a brand-new site in Oregon on private land between Sandy, Oregon, and Mount Hood Village, only an hour's drive from Portland International Airport, making this one of the most easily accessed sites for Camp in many years.

We will have great hiking around Mount Hood and in the Mt Hood National Forest, plus in sections of the Columbia River Gorge.

We will be taking applications during a 10-day period beginning at 9 AM on January 2.

Visit the website augustcamp.org for details.

All applications received during the enrollment period will be treated equally. Camper selection is by lottery.

Camp dates in 2023 are:

- Week 1: July 15-22
- Week 2: July 22-29
- Week 3: July 29-August 5
- Week 4: August 5-12

Prices for August Camp 2023 are \$1650 for members and \$1980 for non-members.

augustcamp.org



Activities

For the most current information, [search activities online](#)

Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on outdoors.org. The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings. The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, go to the bottom of [Outdoors.org](#) & click **Login**. Go to the bottom of the page & click **My Outdoors**. On **Welcome to your AMC dashboard**, scroll down to **Digest Emails** on the right, click **View Trips**. Under **My Dashboard** on the next page, click **Manage Digest Emails & Create new digest**.

BICYCLING

Tue., Feb. 14. 15-Mile, Meet at 8:50AM, Southworth Library, 732 Dartmouth St, South Dartmouth, MA 02748. Keep your cycling legs through the cool weather. No registration required, meet at library, sign the waiver and go. This ride is a 15 mile loop, moderate pace ride (12-15 MPH), starting and ending at Southworth Library. We will ride via Russell's Mills, Potomska, Little River, and Smith Neck Roads. All on the road, mostly flat. Rain will cancel this event, but temperature will not. Expect mid 30s. Dress warmly and in layers. I wear a base layer, cycling jersey, cycling jacket, and a windbreaker on top, compression tights, cycling jersey and fleece lined wind pants on the bottom. I wear a buff or balaclava on my head, gloves and shoe covers. Helmets are required. Front and rear lights are recommended. Bring water and a spare tube. We will leave promptly at 9 AM. Park in the lot behind the Southworth library, left turn onto Sol e Mar Street, then right turn into parking lot. If the weather is iffy, text me to see if ride is still on. L William Trimble (774-301-1209 7AM to 8PM EST, wmjt0824@gmail.com, I am the SEM Biking chair and an avid cyclist. I ride all year round.)

CAPE HIKES

Sat., Feb. 11. Hike Long Nook, Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Excellent high cliff ocean views. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Thu., Feb. 16. Hike - Thoreau's 7 Ponds, Newcomb Hollow Beach parking lot, MA. In his book, "Cape Cod", Henry David Thoreau describes the area where we are hiking which includes 7 ponds: Gull, Higgins, Williams, Slough, Horse-Leech, Round, and Herring Ponds. The hike will primarily be on sandy roads with good footing. There are some woodland paths from the roads to a few of the ponds. The terrain includes some gradual ups and downs on moderate hills. We will hike at a normal walking pace. There will also be a short segment on the ocean beach. Directions: Take Route 6 East into Wellfleet and turn right onto Lecount Hollow Road. In .7 miles turn left onto Ocean View road. In 3.3 miles you will arrive at Newcomb Hollow Beach parking lot. Since this is a show and go hike, participants will need to check this website on the day of the hike for any weather cancellations. L Keith Magyar (860-919-4007, kjm1020@comcast.net)

Sun., Feb. 19. Hike Crooked Cartway, West Barnstable, MA. A little over 4-mile hike on wooded trails in West Barnstable conservation area. We will be walking on cartways and narrow trails with some elevation change, uneven terrain with roots and rocks along the way. If snow on the ground traction devices for your shoes strongly recommended. Bring fluid for hydration. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Driving directions - Take Rte 6 to Exit 65 turn S on Route 149 stay on 149 until you reach the airfield, turn R on Race Ln, and look for Crooked Cartway on R, turn on Crooked Cartway and park in lot at the end. L Jane Harding (203-500-3155, janeharding@comcast.net, Current Cape Hike Chair 6+ years experience leading hikes.)

Sat., Feb. 25. Hike Head of the Meadow, Truro, MA. 2.5-hour hike. Visit Head of the Meadow and Coast Guard Beaches and hike in the rolling hills of pine forests. If icy conditions, you will need crampons or spikes on your boots and poles. Directions: From Route 6 in Truro take Right on Head of the Meadow Road (0.6 miles after Route 6 becomes 4 lanes) and follow to parking lot on the left near the Rest Rooms. Meet at 9:45 and hike 10 am - 12:30 pm. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)



Activities

For the most current information, [search activities online](#)

CAPE HIKING

Sun., Feb. 26. Hike-Great Neck Wareham (NOT Audubon), Wareham, MA. This Show and Go hike is 4+ miles, 2 hours in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Nice views of Swan Pond and Onset Bay. Waterproof hiking shoes/boots are required. Bring water, use tick repellent. Note we are NOT meeting at the Great Neck trailhead on the map. Since this is a Show and Go hike, if it is cancelled due to inclement weather, it will be on the website. Please check the website on the day of the activity for updated status. Directions: over Bourne Bridge on Rte 25 for 6.7 miles to Exit 3/old Exit 2 (Rte 28/Rte6/Onset/Wareham). Right off ramp, straight thru 2 traffic lights, becomes Depot St. As you cross straight across Onset Ave/Minot Ave, name changes to Great Neck Road, go 1.2 miles. Go right on Crooked River Road for .5 mile. Go left on Indian Neck Road for .4 mile, bearing left to stay on Indian Neck for .1 mile. Go left at 3-way intersection and immediate sharp left onto Bourne Hill Rd. Park up the hill on the side. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 7th year Level 1 SEM/Cape Hike Leader with previous WFA training.)

Thu., Mar. 2. Hike - Nickerson State Park, Brewster, MA. Hike winding trails over hills and shoreline of Big & Little Cliff ponds. I recommend poles due to many roots. Directions: Rt 6, Exit 89, turn left on 6A towards Brewster and enter Nickerson State Park at main entrance on left. Pass gatehouse, go straight and take first left on Flax Pond Road. Continue to parking lot at the end of the road near boat ramp. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check this hiking post on the day of the hike to insure it is still happening. Thank you. L Anne Hennessy (Henny1960wood@gmail.com)

Sun., Mar. 5. Hiking Johns Pond Park Conservation Area, Mashpee, MA. 4-mile hike in a 227-acre conservation property that has abandoned cranberry bogs that have become shallow freshwater marshes, a freshwater kettle pond, woodlands, Quashnet River headwaters and a town beach. Terrain is a combination of woodland trails, soft sand, loose gravel, dirt roads. Mostly flat. Gentle hills. A few downed trees to step over, around or thru. Hunting is allowed in all Mashpee conservation areas though hunting is prohibited on Sunday by MA state law. From time-to-time unplanned events, usually weather, force us to cancel a hike at the last minute. Please check postings on the day of the hike to be sure it is still happening. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 leader.)

Thu., Mar. 9. Hike - Griffin Island, Wellfleet, MA. Varied terrain, from marshside to wooded trails over hills, spectacular cliff trail with view of bay. Meet 9:45 AM. From Rte 6, Wellfleet, turn left at lights toward Wellfleet Center, left on E. Commercial St. toward harbor. From harbor, turn right on Chequessett Neck Rd. Continue to Great Island Parking lot on Left. Over 2 hours. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. L Janet Kaiser (774-534-2281 eve before 8 p.m., jtkaiser@comcast.net)

Thu., Mar. 23. Hike - Punkhorns, Brewster MA. We will be taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + Oak Forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Left @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot will be on your left. Unfortunately, last minute unexpected events often weather forces us to cancel @ the last minute. Please check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy (Henny1960wood@gmail.com)

Sun., Mar. 26. Hike-Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA. This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training) L Denise Fronius





Activities

For the most current information, [search activities online](#)

EXECUTIVE COMMITTEE:

Volunteer Opportunities

Ongoing. Communications Vice Chair - Southeastern Mass. Chapter, MA. The Communications Vice Chair partners with the Communications Chair to oversee the timely production and distribution of chapter communications to chapter members and non-members, including: - monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor) - monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor). - SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) - Social media updates (Facebook and Instagram) This is a great opportunity for anyone with good communication skills who wants to help keep the SEM chapter vibrant and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to Walt Granda (nominating.com@amcsem.org), Paul Brookes (chair@amcsem.org).

Ongoing. Skiing Vice Chair - Southeastern Mass. Chapter, MA. Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross-country skiers and snowshoers. More details about Skiing responsibilities here: <http://amcsem.org/assets/pdf/ski.pdf>. For more information or to volunteer for this important position, please send an email to Dia Prantis (xcskicheir@amcsem.org) Jeannine Audet (vicechair@amcsem.org); Walt Granda (nominatingchair@amcsem.org), Paul Brookes (chair@amcsem.org).

Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter, MA. Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda (nominatingchair@amcsem.org) or Paul Brookes (chair@amcsem.org).

Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA. Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Hiking Vice Chair position. The Vice Chair assists the Hiking Chair. Responsibilities include coordinating hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g. soliciting Breeze articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben (hikingchair@amcsem.org) and the Nominating Committee: Walt Granda (nominatingchair@amcsem.org) or Paul Brookes (chair@amcsem.org).

Ongoing. Biking Vice Chair - Southeastern Mass Chapter. Support the biking chair. For information on the chairs roles and responsibilities read [this document](#). If interested, please contact the biking chair and/or chapter chair and the nominating committee (see contacts). L William Trimble (774-301-1209 5-9 PM, bikingchair@amcsem.org) L Paul Brookes (chair@amcsem.org) CL walt granda (nominatingchair@amcsem.org)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

Sat., Feb. 11. SEM Beginner Winter Hiking Series #4- Mount Pierce, Crawford Notch, NH. If you're new to winter hiking, join us for this fourth Southeastern Mass. Chapter Winter Series hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #4 we are planning to hike Mount Pierce which is one of the NH 4000' mountains in beautiful Crawford Notch. The weather of the day and trail conditions will determine exact route we take. Our hike will be about 6 miles with approximately 2400 feet of elevation gain. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes and winter boots. Crampons are not required, but bring them if you have them. L william belben (william.belben@yahoo.com) L Paul Miller (paulallenmiller@verizon.net)



Activities

For the most current information, [search activities online](#)

HIKING

Sat., Feb. 11. Hiking Fall River Bioreserve, Indian Town Road, Fall River, MA. Email the leader to register: dianemsimms@comcast.net. Enjoy a 3.5 - 5 mile hike at Copicut Woods in the Fall River Bioreserve. We are planning on 2 hike options. We'll start together. At a certain point, participants who are interested in 3.5 miles will start looping back. Those interested in a longer route will continue to the reservoir to hike about 5 miles. These plans are dependent on weather and trail conditions. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required. Dress for the weather. Depending on ground conditions, traction devices may be required. Leader will notify registered participants several days before the hike. No pets. L Diane Simms) L John Nery L Susan Rollins CL Kathleen Nash CL Tracy Hawes , R Diane Simms (dianemsimms@comcast.net)

Sun., Feb. 12. SEM Intermediate Winter Hike, Mount Liberty, Lincoln, NH. Join us for a fun adventure to Mount Liberty via the Liberty Springs Trail. This challenging out and back hike is 7.6 miles with 3,182 feet of elevation gain. Prior winter hiking experience is required as are snowshoes and microspikes. Crampons may be needed if warranted by conditions. L Diane Hartley (508-566-6517 5:00-8:00 pm, dihartley@comcast.net, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

Tue., Feb. 14, 21, 28; Mar. 7, 14. - Winter Trail Trace the Blue Hills - A Tuesday morning hiking / snowshoeing series, Blue Hills, MA. You may have heard of "Trail Trace the Blue Hills," an honor system quest to hike all the mapped trails in the Blue Hills Reservation. "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. There will be ups and downs and we will endeavor to maintain a steady but moderate pace, especially if it's cold. We will stop to enjoy lunch on the trail. On the few coldest days of winter, we may snack as we walk to keep warm. We are a cohesive group that hike together, wait at intersections, and watch out for one another. People new to winter hiking are welcome and encouraged to register. If you did not attend the Winter Hiking Workshop, you will be asked to attend any winter hiking workshop with any AMC chapter or watch our winter hiking workshop video. Start "Winter Trail Tracing"! It's easy to join, register once, then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. The series has 12 hikes through March 14, 2023. The last hike will be shorter followed by a celebratory luncheon at a local restaurant. Winter hiking clothes, insulated hiking boots, hiking poles and traction equipment such as micro-spikes are required on all hikes. Snowshoes must be brought to the trailhead after the first major snowfall. All hikers should bring a backpack with sufficient water, lunch, extra layers, and a first aid kit. A recommended clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be cancelled during active snowstorms; other than that, the hike goes on. If it's raining, we put on a shell. Icy conditions, on go our traction devices. Super cold, we layer up. You choose when conditions are no longer fun for you. Join us when you can and want. Why hike in the winter? It's pleasant hiking without bugs, an effective way to keep fit during the long cold dark days of winter, and you experience gorgeous winter landscapes! It's fun and a great introduction to winter hiking. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny on some hikes. No other pets allowed. L/R Paul Brookes (paulbrookes1966@outlook.com) Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) in the Blue Hills with my dog Sunny. Tue., Feb. 14. Winter Trail Trace the Blue Hills. See Jan. 17 listing for details,

Thu., Feb. 16. Thursday Morning Hike - Let's Explore Ames Nowell State Park, Abington, MA. Ames Nowell is an approximately 700-acre state park in Abington. There is a large pond, boardwalks, an old burial marker and many trails to explore. We will plan about a 7 miles route which should take us about 4 hours, depending on our hiking pace. So, come join us as we explore along our hike. L John Schepis (508-431-0842, jas1218@comcast.net, John is a Hiking Leader for the Southeaster MA Chapter of AMC as well as a Leader for the Boston Local Walks & Hikes Committee.) L Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is a Level 2 Leader for SEM and a Boston Local Walks & Hikes Leader.)



Activities

For the most current information, [search activities online](#)

HIKING

Sat., Feb. 18. SEM Snowshoe #3, Mount Tecumseh Hike, Waterville Valley NH. Join us for a fun adventure to Mount Tecumseh! Starting at the WV ski area, we will follow the Mount Tecumseh Trail. On this 4.5-mile hike with 2,113 feet of elevation gain we will climb at a moderate pace to the peak and enjoy views of the Waterville Valley and the surrounding mountains. Full winter gear including snowshoes and microspikes are required. L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) L Diane Hartley (508-566-6517 5:00-8:00 pm, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) L Maria Jose Regueiro Rodriguez L Eva Das (borsody@gmail.com)

Sat., Feb. 18. Bay Circuit Trail Winter Hike, 140 Prospect Street Gate, South Easton MA. Preregistration required; limited parking. Bay Circuit Trail, Winter, Swamp: if you haven't hiked any of these, here's a trifecta! We'll explore the Bay Circuit Trail from Prospect Street in Easton, following the service road under the power lines that is a haven for plants and wildlife in the Hockomock Swamp. This is an easy hike, about 3 miles; but it's a nice workout for those who have been sedentary all winter. We'll go at an easy pace and learn the appearance of familiar plants and wildlife in winter. We'll be looking at flourishing populations of plants and wildlife hunkered down for the winter in a diverse environment. There will be a contest with a small prize for the first to identify various species, so do your homework: milkweed *Asclepias syriaca*, burnweed *Erechtites hieraciifolius*, goldenrod *Solidago* spp. (*altissima*?), goldenrod gall fly (*Eurosta solidaginis*) gall in goldenrod stem, cat-tail *Typha latifolia* or *T. angustifolia* (broad- or narrow-leaved), phragmites, fine-leaved *Carex* spp. (sedge), *Buteo* or *Accipiter* spp., deer prints or deer-- maybe more to be listed. Seedpods and carcasses count! Snow cover cancels. This hike is suitable for those who can walk 3-4 miles on uneven terrain comfortably. Wear waterproof, sturdy footwear and weather-appropriate clothing in layers. Families with children 12+ are welcome. L Kristine Atkinson (781-264-3240 before 10 p.m., atkinsonkristineh@gmail.com, Kris Atkinson is a hike leader with the Southeastern Mass. chapter. A former biochemist and patent agent, she has a doctorate in genetics, is a registered yoga teacher, and a master gardener with an interest in conserving native plants. She was one of the AMC volunteers who helped build the Bay Circuit Trail.)

Tue., Feb. 21. Winter Trail Trace the Blue Hills. See Feb. 14 listing for details,

Thu., Feb. 23. Thursday Morning Hike - Noon Hill Conservation Properties, Medfield, MA. Hike forest trails through mostly pine and beech groves over Trustees and town conservation land. The route includes a segment of the BCT plus pauses at the Charles River, Holt Pond and Noon Hill lookout with views of Great Blue Hill, Moose Hill and Gillette Stadium. Footing is primarily pine needles and leaves. Expect a 5 to 6 mile 4 hour hike with 700 feet total ascent. Snow or ice on trail may shorten hike and necessitate microspikes or snowshoes. Wear non-cotton layered clothing suitable to weather conditions. Bring at least one liter of water and trail snacks or lunch. Meeting directions will be sent to registrants. Email leader if questions arise. L Len Ulbricht (lenu44@gmail.com)

Sun., Feb. 26-27. Lonesome Lake Hut Snow Shelter Building, Franconia, NH. Come on this winter adventure to learn how to build a variety of snow shelters while staying at AMC's Lonesome Lake Hut in the White Mountains of New Hampshire. We will hike in approximately 1.6 miles to Lonesome Lake with an elevation gain of 950 feet. We plan to hike at a moderate pace. Traction devices such as micro spikes or hill sounds will be required as well as snowshoes. At this time of winter, we expect to be able to walk across the frozen Lonesome Lake and weather permitting see some awesome views of Franconia Ridge. Full winter gear will be required for this trip. (See equipment list.) We will be staying at rustic Lonesome Lake Hut, elevation 2740" in the heart of Franconia Notch. The hut is open in winter as a Self-Service Hut. As such we will share in packing in and preparing food for our group meals: Happy Hour, Dinner, and Breakfast. The hut common area is heated by a wood burning stove managed by the caretaker. The bunk rooms are in separate buildings which are not heated and will require an appropriately rated sleeping bag. After settling in, we will go out on the lake or surrounding woods and work on building snow shelters: Quinzhees, snow trenches with tarp, and tunnel shelters. The sunsets at 5:31 pm at this time of year. After dinner we may go out on the lake to view stars and the waxing crescent moon if they are out. Required Equipment List: Winter Hiking Boots Noncotton Hiking socks - 3 Pairs Gaiters Snowshoes Microspikes or Hillsounds Hiking Poles Headlamp Rain Gear tops and bottoms or water-resistant snow pants Backpack - large enough to hold everything plus room for a portion of group food/gear Gloves for hiking and one warmer pair; one pair of warm mittens. water resistant gloves preferred. Consider extra gloves as may be wet after shelter building Warm hat that covers ears Face mask or Balaclava Ski Goggles (needed if windy on Lake) Clothing (non-cotton) appropriate for weather-use layers to adjust for cold. One dry layer for after exertions ie. synthetic wicking layer close to skin, fleece, insulated layer: puffy, layer to block wind/water.

Continued on page 18



Activities

For the most current information, [search activities online](#)

HIKING

(Continued from page 17) Sun., Feb. 26-27. Lonesome Lake Hut Snow Shelter Building, Franconia, NH. Down Parka Personal first aid (moleskin, hand/feet warmers) Water with insulated container (can use sock) Sleeping bag preferably rated zero or lower Snacks and Lunch Recommended: Snow shovel for digging shelters, tarp for trench shelter or if you plan to sleep in your shelter. Two closed cell foam pads or similar if you plan to sleep in your shelter. L Ann Hargleroad (617-935-9301, ahargleroad@gmail.com, I love hiking, biking, kayaking, and photography. I have enjoyed hiking the New England 67 and the NH winter 48 but mainly just love being outdoors. I am wilderness SOLO first aid certified.) L Paul Brookes (Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) CL Tim Harvey (978-349-8812, henry_harvey@comcast.net, I like outdoor activities including hiking, climbing, and back country skiing. I am working on becoming a Southeast Chapter leader.)

Tue., Feb. 28. Winter Trail Trace the Blue Hills. See Feb. 14 listing for details,

Fri., Mar. 3-5. SEM Beginner Winter Hiking Series #5- Carter Notch Hut Overnight, Bean's Purchase, NH. If you're new to winter hiking, join us for this fifth Southeastern Mass. Chapter Winter Series Hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #5, we are planning to hike into Carter Notch Hut, at elevation 3,288 feet, which will be our home base for the weekend. We will hike in the group's food for the weekend, which the group members will prepare in the hut's kitchen. Leaders will guide group members in hikes nearby to the hut. We will stay in the bunkhouses overnight. Full winter gear and clothing will be required, including Microspikes (or equivalent traction), snowshoes, crampons & winter boots. A sleeping bag rated to 0 degrees is also required. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirddbp@aol.com, Jeannine enjoys leading hiking year-round. The annual winter hut hike is one of her favorites.) L Bill Belben (william.belben@yahoo.com, Bill enjoys leading hikes year-round. He is the SEM Hiking Chair.) L Paul Brookes (paulbrookes1966@outlook.com, I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.) L Ann Hargleroad (ahargleroad@gmail.com, Ann had led trips in the White Mountains year-round.)

Tue., Mar. 7. Winter Trail Trace the Blue Hills. See Feb. 14 listing for details,

Tue., Mar. 14. Winter Trail Trace the Blue Hills. See Feb. 14 listing for details,

HIKING

Training Opportunity

Sat., Apr. 22. Basic Leadership Training, Rochester, MA. Basic Leadership Training: This full day course prepares participants to begin leading SEM activities. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready for a full day of indoor and outdoor activities. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

Sun., Apr. 23. Expanded Leadership Training, Rochester, MA. Expanded Leadership Training (Optional) This 2nd full day course will follow the Basic Leadership course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in Level 2 and back-country trips. It will expand on topics presented in the Basic Leadership course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. Participants should be ready for a full day of indoor and outdoor activities. The course is open to: 1. All attendees of the Basic Leadership course; 2. Current leaders who want to advance to a higher leadership level; or 3. Any leaders wishing to enhance their skills or seek solutions for their most challenging leadership experiences. L Anne B Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com, Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)



Activities

For the most current information, [search activities online](#)

HIKING

Thu., May 4. Thursday Morning Hike - World's End, Hingham, MA.. Moderate 4-5 miles on scenic hilly carriage ways and rocky paths. Explore unique peninsula in Boston Harbor with stunning views., There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Heavy or steady rain cancels. World's End. Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Directions, property map and reservation information can be found at this website: <https://thetrustees.org/place/worlds-end-hingham/>. L Eva Das (borsody@gmail.com)

Thu., May 18. Thursday Morning Hike along the Lower Neponset River, Dorchester, MA. WHEELCHAIR ACCESSIBLE. This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station. This station is part of the Mattapan trolley extension off the red line. There is a parking lot next to the station (this is a quiet residential area). Parking is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. This is a bakery to die for and a favorite stopping spot. Their website is <https://steelandrye.com/> and prices are very reasonable. Assuming pleasant weather and availability of seats, we will eat on the restaurant deck which is outside. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Once back at our cars, each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I may have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. L Paul Brookes (PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny.)

SOCIAL

Tue., Feb. 21. SEM Diversity, Equity, and Inclusion (DEI) Meeting via Zoom, online, MA. The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com, Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen (kcohen@comcast.net)



Image by [Pam Patterson](#) Pixabay

The End